



All About the WIC Program



What is WIC?

WIC is a health and supplemental nutrition program for Women, Infants and Children that provides:

- Individualized nutrition education
- Supplemental nutritious foods and infant formula
- Breastfeeding support
- Farmers' Market Nutrition Program vouchers
- Referrals to health care and community services

Who can get WIC?

- Pregnant women
- Breastfeeding women up to one year postpartum
- Women up to 6 months postpartum
- Infants up to 1 year of age
- Children up to 5 years of age
- A custodial father, foster parent or legal guardian of a child up to age 5 may receive WIC for that child
- **USA citizenship is not required**

How do I qualify for WIC?

You and/or your child need to:

- Meet medical or nutritional risk criteria.
- Meet income guidelines.*
- Reside in Pennsylvania.



What foods will I get on the WIC Program?

You can buy WIC foods at any Pennsylvania grocery store that participates in the WIC Program. WIC foods help stretch your food dollars. Each person on WIC receives about \$88.00 a month worth of food. Foods purchased must be on the Pennsylvania WIC Approved Food List.

Women and children may receive the following foods, depending on their needs:

Milk	Juice
Cheese	Cereal
Yogurt	Eggs
Soy beverage	Peanut butter
Tofu	Dry or canned beans/peas
Whole grains (bread, pasta, rice, and tortillas)	
Fruits and vegetables (fresh, frozen and canned)	
Canned fish (tuna, salmon or sardines)	

Infants receive:

Iron-fortified formula, infant cereal, and jarred fruits and vegetables. Exclusively breastfed infants also receive jarred infant meats in addition to the other infant foods listed above.

Approved formulas for certain medical conditions are available through WIC when prescribed by a physician.

*Please see reverse side for income guidelines.



What are the WIC income guidelines?

WIC Income Guidelines*

Based on Gross Income (before taxes)

Effective July 1, 2026

Family Size**	Annual	Monthly (Approx.)	Twice-Monthly (Approx.)	Bi-Weekly (Approx.)	Weekly (Approx.)
1	\$29,526	\$2,461	\$1,231	\$1,136	\$568
2	\$40,034	\$3,337	\$1,669	\$1,540	\$770
3	\$50,542	\$4,212	\$2,106	\$1,944	\$972
4	\$61,050	\$5,088	\$2,544	\$2,349	\$1,175
5	\$71,558	\$5,964	\$2,982	\$2,752	\$1,376
6	\$82,066	\$6,839	\$3,420	\$3,156	\$1,578
7	\$92,574	\$7,715	\$3,858	\$3,561	\$1,780
8	\$103,082	\$8,591	\$4,296	\$3,965	\$1,982
For Each Additional Member Add	\$10,508	\$876	\$438	\$404	\$202

**If someone receives Food Stamps, TANF or LIHEAP, that person automatically meets WIC income guidelines.*

***Your unborn child counts as a family member.*

How do I get on the WIC Program?

- Applicants may fill out a pre-application online: www.pawic.com.
- To have an application mailed to you or for assistance completing an application call: 412-350-5801.
- Ask your health care provider to fill out a WIC application and send it to WIC.

What happens once my WIC application is sent to WIC?

- WIC Program staff will review your application and contact you for an appointment.
- WIC applications can be updated in the WIC office during your appointment, as needed.

Pennsylvania WIC is funded by the USDA.

USDA is an equal opportunity provider, employer, and lender.



Allegheny County Health Department WIC Program

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